

**Abstract of the Disclosure:**

Please replace the Abstract of the Disclosure which is on a sheet separate from the specification and claims with the following new Abstract of the Disclosure on a sheet separate from the specification and claims:

-- Abstract:

~~The~~ A tampon according to the invention ~~comprises~~ having a tampon body and a withdrawal tape fastened on the tampon body. The withdrawal tape is configured such that its effective length can be changed preferable before use, but also during use. In particular, the withdrawal tape is formed with at least one loop or a fold which reduced the effective length of the withdrawal tape and can be released in order to increase the effective length of the withdrawal tape. Effective length refers to the extent of the withdrawal tape, measured from the rear end of the tampon body, which is available for the user to grip. --